

WEIGHT AND NUTRITION

Fact Sheet



The Michigan Youth Risk Behavior Survey (YRBS) is part of a nationwide surveying effort led by the Centers for Disease Control and Prevention (CDC) to monitor students' health risks and behaviors in six categories identified as most likely to result in adverse outcomes. These categories include unintentional injury and violence, tobacco use, alcohol and other drug use, sexual behaviors that contribute to unintended pregnancy or disease, dietary behaviors, and physical inactivity. High response rates allow results of the 2003 Michigan YRBS to be generalized to all Michigan students in grades 9-12.



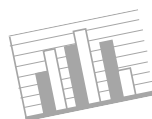
Of Vital Concern: The National Perspective

Overweight and obesity are increasing in both genders and among all population groups. In 1999, an estimated 61% of United States adults and 14% of adolescents aged 12-19 years were overweight. In 1999, there were nearly twice as many overweight children and almost three times as many overweight adolescents as there were in 1980. Approximately 300,000 deaths a year in the United States are currently associated with overweight and obesity. Left unabated, overweight and obesity may soon cause as much preventable disease and death as cigarette smoking. Overweight or obesity acquired during childhood or adolescence may persist into adulthood and increase the risk later in life for coronary heart disease, gallbladder disease, some types of cancer, and osteoarthritis of the weight-bearing joints. In adolescence, obesity is associated with hyperlipidemia, hypertension, abnormal glucose tolerance, and adverse psychological and social consequences. Studies have shown high rates of body dissatisfaction and dieting among adolescent females, with many engaging in unhealthy weight control behaviors, such as fasting and self-induced vomiting which can lead to abnormal physical and psychological development.

Fruits and vegetables are good sources of complex carbohydrates, vitamins, minerals, and other substances that are important for good health. Dietary patterns with higher intakes of fruits and vegetables are associated with a variety of health benefits, including a decreased risk for some types of cancer. In 2001, only 23% of male high school students and 20% of female high school students met the minimum daily goal of at least five servings per day of vegetables and fruits. Milk is by far the largest single source of calcium for adolescents. Only about half of male

high school students and more than 80% of female high school students do not meet dietary recommendations for calcium intake. Calcium is essential for the formation and maintenance of bones and teeth. Low calcium intake during the first two to three decades of life is an important risk factor in the development of osteoporosis.

For complete references, please log onto www.emc.cmich.edu/yrbs.

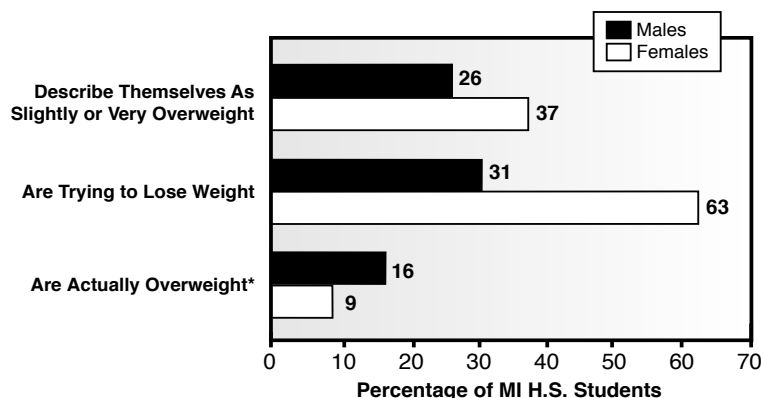


2003 Survey Results

- ♦ Males were more likely than females to be **overweight**.¹ However, females were more likely than males to describe themselves as being **overweight** and were twice as likely to be **trying to lose weight** (Figure 1).

1

Body Image and Weight

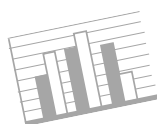


* Includes students who are overweight as defined by a body mass index at or above the 95th percentile

¹ *Overweight* is defined by the CDC as a Body Mass Index (BMI) equal to or greater than 95 percent. BMI was calculated using the height and weight questions answered by each respondent.

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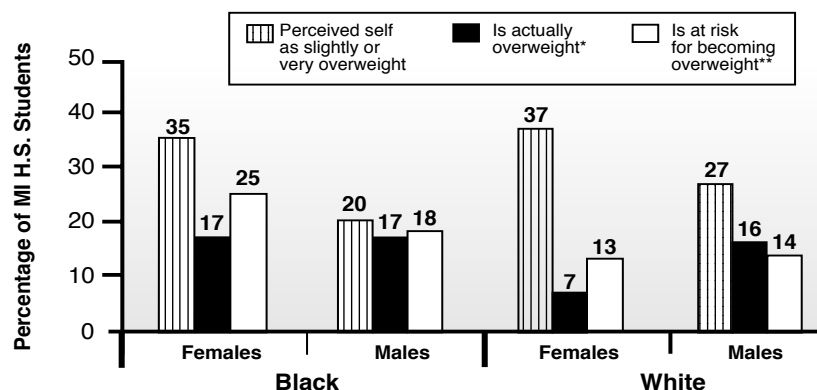


2003 Survey Results (continued)

- ◆ Black students were more likely than white students to be **at risk for overweight**² (Figure 2).
- ◆ Females were more likely than males to engage in most forms of weight loss behavior, such as **exercise, diet, fast**, and use **diet pills** to control weight (Figure 3).
- ◆ White students were more likely than black students to be trying to **lose weight**; in doing so, white students were more likely to use **exercise** and **diet** to control weight than black students.

2

Perceived and Actual Overweight

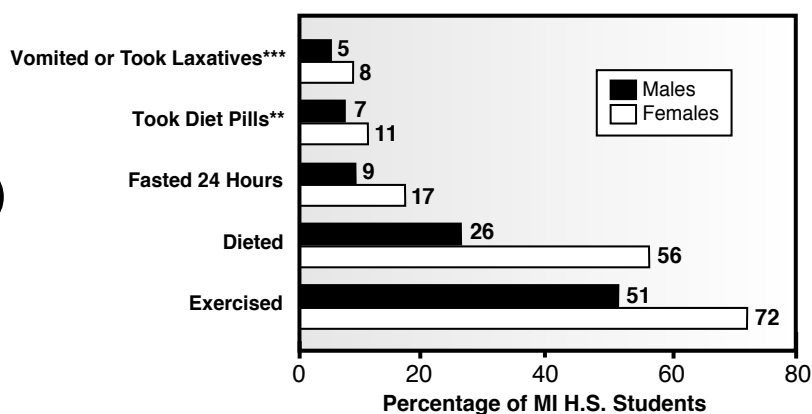


* Includes students who have a body mass index at or above the 95th percentile

** Includes students who have a body mass index equal to or greater than 85 percent and less than 95 percent

3

Weight Control Strategies*



* To lose weight or keep from gaining weight during the previous month³

** Without a doctor's advice

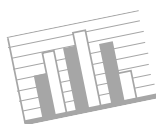
*** These percentages do not represent a statistically significant difference between genders

² *At risk of overweight* is defined by the CDC as a Body Mass Index (BMI) equal to or greater than 85 percent and less than 95 percent.

³ *Previous month* means the 30 days preceding the survey.

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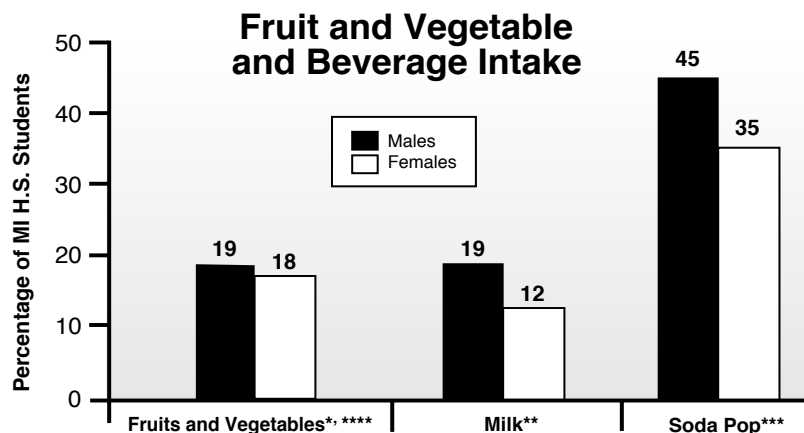
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2003 Survey Results (continued)

- ◆ Less than one fifth of students ate the recommended daily allowance of **five servings of fruit and vegetables**⁴ a day. This was consistent regardless of gender, grade, and race/ethnicity (Figure 4).
- ◆ Less than one sixth of all students drank the recommended amount of three glasses of **milk** daily. Females were less likely than males to drink enough **milk** while black students were three times less likely than white students to drink enough **milk** (Figure 4).
- ◆ Two fifths of students drank at least one can of **soda** daily. Females and black students were less likely to drink at least a can of **soda** daily than male and white and Hispanic students (Figure 4).
- ◆ White students were more likely than other race/ethnicities to consume at least one serving of **fruit** or **fruit juices**, **green salad**, **potatoes**, **carrots**, or **other vegetables** during the previous week⁵ (Figure 5).

4



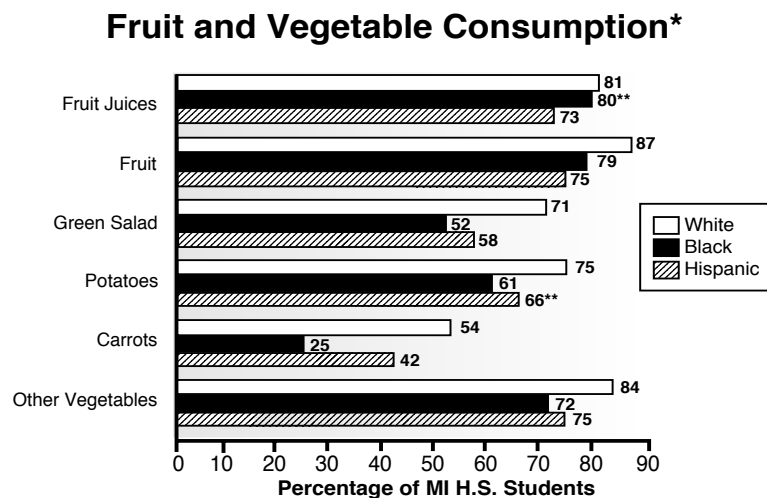
* Ate five or more servings per day during the previous week⁵

** Drank three or more glasses per day during the previous week

*** Drank 12 ounces one or more times per day during the previous week

**** These percentages do not represent a statistically significant difference between genders

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* Consumed 1 or more times in the previous week.⁵

** These percentages do not represent a statistically significant difference from other races.

⁴ *Fruits and vegetables* include 100% fruit juice, fruit, green salad, potatoes (excluding French fries, fried potatoes, or potato chips), carrots, or other vegetables.

⁵ *Previous week* means the 7 days preceding the survey.



Trends

Compared to 1999 and 2001, significantly fewer high school students drank the recommended amount of three glasses of **milk** daily. Additionally, compared to 2001, fewer black and white students drank enough **milk**.

Contact Information

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SURVEY QUESTION 	MI 03	US 03	GENDER		GRADE				RACE/ETHNICITY		
			M	F	9	10	11	12	White	Black	Hispanic
% of students who are at risk for becoming overweight	15	15	15	15	14	16	17	13	14	21	16
% of students who are overweight	12	14	16	9	13	13	11	12	11	17	17
% of students who described themselves as slightly or very overweight	31	30	26	37	29	32	33	33	32	27	34
% of students who were trying to lose weight	46	44	31	63	45	49	44	48	48	40	43
% of students who exercised to lose weight or keep from gaining weight during the past 30 days	62	57	51	72	64	61	58	62	63	54	62
% of students who ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight during the past 30 days	41	42	26	56	40	42	39	45	43	30	44
% of students who went without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days	13	13	9	17	15	12	11	12	12	15	17
% of students who took diet pills , powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days	9	9	7	11	8	8	9	12	9	8	7
% of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days	7	6	5	8	8	5	6	7	6	7	13
% of students who drank 100% fruit juices one or more times during the past 7 days	81	N/A	81	81	80	81	82	81	81	80	73
% of students who ate fruit one or more times during the past 7 days	85	N/A	83	87	86	85	86	84	87	79	75
% of students who ate green salad one or more times during the past 7 days	68	N/A	63	73	65	68	70	70	71	52	58
% of students who ate potatoes one or more times during the past 7 days	72	N/A	72	72	72	71	72	74	75	61	66
% of students who ate carrots one or more times during the past 7 days	50	N/A	50	49	48	51	47	52	54	25	42
% of students who ate other vegetables one or more times during the past 7 days	82	N/A	79	85	77	84	85	84	84	72	75
% of students who ate 5 or more servings of fruits and vegetables per day during the past 7 days	18	22	19	18	18	19	18	17	18	18	20
% of students who drank 3 or more glasses of milk per day during the past 7 days	16	17	19	12	17	17	14	13	18	5	14
% of students who drank 12 ounces of soda pop one or more times per day during the past 7 days	40	N/A	45	35	38	43	40	37	42	33	46

For additional information on the YRBS results, please log on to www.emc.cmich.edu/yrbs